

COME JOIN US FOR THE...

**Chronic Disease Self-Management
Program**

Subjects Covered Include:

1. Techniques to deal with problems such as frustration, fatigue, pain and isolation.
2. Appropriate exercise for maintaining and improving strength, flexibility, and endurance.
3. Appropriate use of medications
4. Communicating effectively with family, friends, and health care professionals.

DATES: _____

TIME: _____

LOCATION: _____

**An important
opportunity to...**

- socialize
- learn new tools for managing long-term health problems
- understand how to use available resources better

Offered as a
FREE Public
Service by the
Bear River Health
Department

If you have further questions, or are interested and planning on attending please RSVP to:
Kim Bales 792-6521 or Jan Chambers 757-9992